



July, 2018

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## Vermont State Family Program Director

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One weekend a month, two weeks a year....this doesn't seem like a lot as a general concept. But if you break it down and look at it closely, it is a significant commitment. One weekend a month means working 13/14 days straight without a break. Two weeks a year means intensive training most likely away from our families in conditions that are definitely not the Ritz-Carlton.

Service members are not the only ones sacrificing one weekend a month, two weeks a year- our families do as well. Our spouses, partners, children, parents also make a huge commitment to the National Guard. Why do our families do it? Because they believe in us and what we are called to do. This is not always an easy road to travel on, but we do what needs to be done-as a family, unit, community.

In addition to these commitments, there is always the possibility of being deployed. I don't think our friends and neighbors can really comprehend the concept of having a loved one going away for up to a year to a potentially hostile location. Don't get me wrong, our communities at large are extremely supportive of us and what we are asked to do, they empathize and do the "wrap around" our families while we are gone-we could not do it without their support.

Our families of C/3-126 AVN will need our support and all of us at Family Programs are ready to step up and support them in any way we can. I know we can count on you to do the same.

Sincerely,

LTC Dave Leonard  
State Family Program Director  
[david.c.leonard3.mil@mail.mil](mailto:david.c.leonard3.mil@mail.mil)

## Airmen and Family Readiness Manager



Greetings from the Airman and Family Readiness Office! Many of you are aware that this office is here to provide you and your family with a multitude of resources for just about any need. We work hard to get you an answer and/or point you in the right direction.



We work very closely with the Chaplains Office, the Director of Psychological Health (DPH), Equal Opportunity Director (EO) and the Sexual Assault Prevention and Response Program (SAPR). We are called the "Wellness Team" and if you need any information or have

concerns or questions, never hesitate to contact one of us! We'll point you in the right direction!

Airman and Family Readiness- Mary Mahoney and Kelli Langlois 802-652-8035

Full-time Wing Chaplain- 1LT Will Treftz 802-660-5422

DPH- Trish Dempsey- 802-6605463

EO-2LT Molly Webster-802-660-5409/ CW4 Doris Sumner 802-338-3148

SAPR- 1LT Jason Kittredge-802-735-4579

Vermont Military and Support Center 24/7- 1-888-607-8773

We hope that you are enjoying your summer! Please keep in your prayers our airmen who are currently deployed and their families!

Mary Mahoney

158<sup>th</sup> FW Airman and Family Program Manager

802-652-8035—FaceBook page: Vermont Air National Guard Family Readiness

[Mary.k.mahoney13.civ@mail.mil](mailto:Mary.k.mahoney13.civ@mail.mil)

## Kitchen Spoons & Combat Boots



Please remember that the Kitchen Spoons and Combat Boots (KSCB) team is taking a break to celebrate the 4th of July. For those of you who are interested, we will be holding an in-person workshop at the Green Mountain Armory on Camp Johnson, **Saturday, July 28<sup>th</sup>** from **11-3pm**. Thinking about revamping your resume or strengthening your cover letter for a specific employment opportunity? How about engaging your inner-wellness? Join us for the **Seasons of Change** workshop on Saturday, July 28<sup>th</sup> - bring your lunch as there will be time for peer support networking. Have children? We will be offering youth programming for ages 6-17: **Identifying Your Character Strengths** with Brian Stoudnour at the Family Programs building. To register: <https://www.surveymonkey.com/r/seasonsofchange>

Not able to make this **Seasons of Change** workshop? We will be traveling down south to the **Bennington VFW** on **August 11<sup>th</sup>** from **11-2pm** to offer this programming for the southern military community.

The KSCB webinar series will continue on **August 1<sup>st</sup>** where we will discuss **VA Home Loans**. Come to this webinar with questions on eligibility, first-time homebuyers, refinancing, etc. These free opportunities are open to all who are interested in attending. Please feel free to share this information with anyone who would benefit.

To connect virtually on **August 1<sup>st</sup>**, join the meeting from your computer, tablet or smartphone:

<https://beaconhealthoptions.webex.com/join/MCaulfield>

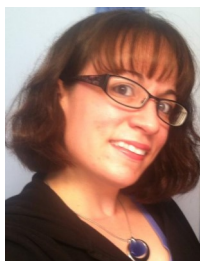
To dial in using your phone: (877) 668-4493

Access Code: 641528295

**Questions:** Call Candice Bryan-Broe at **802-338-3652** or Michaela LaCoss at **802-338-4317** or Marcie Caulfield at **802.338.3164**

Check us out online at [http://www.ngfamily.vt.gov/ks\\_and\\_cb\\_page.html](http://www.ngfamily.vt.gov/ks_and_cb_page.html)

## Military OneSource



### **DoD-MWR Virtual Summer Reading Program**

The Department of Defense Morale, Welfare and Recreation Virtual Summer Reading Program is specifically for Guard, Reserve and Active Duty Kids and Teens who are not near an installation. The program's theme this year is "Reading Takes You Everywhere." Reading fosters the imagination and can open a window to the world. To enroll in this year's summer reading program visit: <https://dodvirtualsrp.beanstack.org/reader365>  
The summer reading program takes place from June 1 – August 31, 2018. Sign up today and earn a prize!

**MILITARY  
ONESOURCE**

Don't have time to get to the local library? Tap into the MWR Digital Library housed on the Military OneSource website ([www.militaryonesource.mil](http://www.militaryonesource.mil)) today! The MWR Digital Library can help you support your summer reading goals, giving service members and families access to eBooks, audio books, digital magazines, genealogy resources, digital newspapers, journals, tutoring services and more.

Helping your children stay engaged academically and physically throughout the summer will help set them up for success in the new school year. For additional summer resources and support, visit [www.militaryonesource.mil](http://www.militaryonesource.mil) or call 800-342-9647.

## Personal Financial Services



### **Teaching Children About Money Can Change Their Lives**

If your children are able to save \$500 in a savings account, research shows they are 4 times more likely to enroll in college and 3 times as likely to graduate than children without savings accounts in their own name.

Children are always watching their parents and other adults in their lives to learn about the world - including how to handle money. You can have a great influence on the children in your life by helping them learn good money habits.

There are some basic rules you can teach such as: living within your means, saving 15% of what you earn, and always paying yourself first.

- **Children** of all ages can learn about money and finance depending on their developmental stage. Some suggestions are below-don't worry if you don't know about something, you and your children can learn together:
  - **Ages 3-5** Engage in counting games. Create jars to categorize money into Saving (1), Spending,(2) and Sharing (3).
  - **Ages 6-10** Help kids assess the difference between wants and needs, let them make simple choices about money, for example: giving small amounts of money to a child in a grocery story for them to buy their favorite fruit or help them open a savings account.
  - **Ages 11-13** Explain the difference between long and short term goals, show them how compound interest works, make a game out of looking at advertising to see how companies use subtle and not-so-subtle pressure to get you to buy their products.
  - **Ages 14-15** Talk about banks and credit unions, protecting personal information, and consumer fraud. Time to add a fourth jar – Investing.
  - **Ages 15-18** Talk about how to build credit, how to read and understand credit reports and scores, and how and when they need to file taxes.

- You can get more information about games, websites and other resources at:  
CFPB.gov - Search for "Children"

MyMoney.gov - Click on "Youth" at bottom of screen

You can also get help by contacting me (contact info below). In addition, if you are facing debt and not sure what to do or would like to develop your financial management skills, contact me:

Susan Kelley-Outten,  
Personal Financial Counselor

802-318-2507 or email her at [susan.kelley-outten.ctr@mail.mil](mailto:susan.kelley-outten.ctr@mail.mil)

This is a free and confidential service for service members and veterans.

## Thoughts From Our State Youth Coordinator

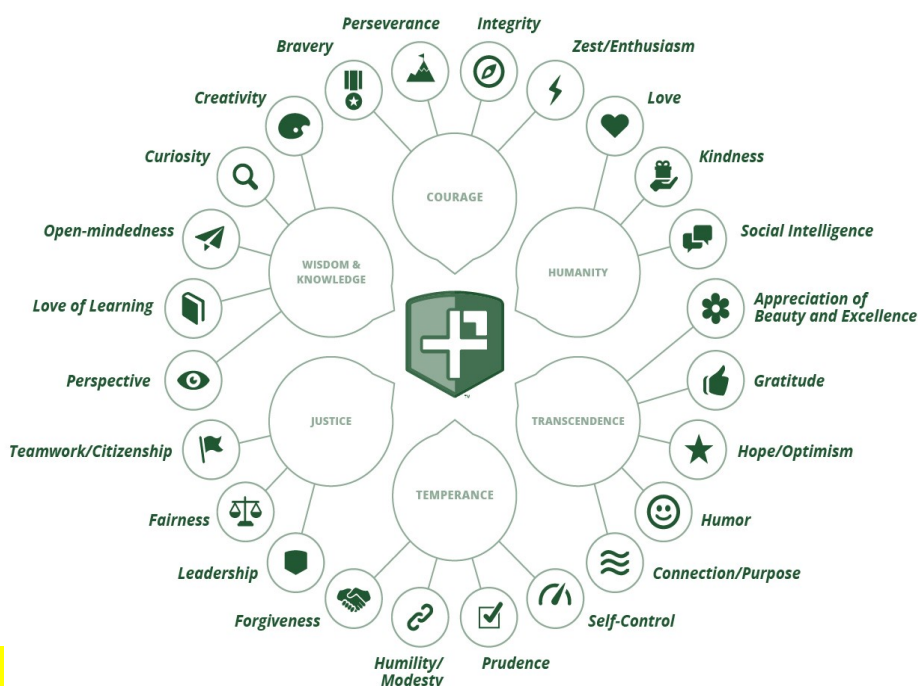


Oh, how I LOVE camp season! Let me count the ways; Ok, I won't because I'd need about sixteen (16) pages to get them all out. But, I will share with you one of my top four (4)-Strengths of Character. This brings us back to Resiliency Training which is being provided to the Army National Guard thanks to the University of Pennsylvania.

One of the wonderful things about summer camp is that it presents participants the opportunity to interact with a wide array of individuals from different places and life experiences. Whether they be from a neighboring VT town or from Poland (counselors at one of our camps hail from all over the world). Each individual, camper and counselor, comes to camp with character strengths and weaknesses. The space and time allotted by camp affords the opportunity to observe those character strengths (and weaknesses), and even test them out.

Knowing & understanding your personal Character Strengths is important in becoming your best-self. Also, knowing yourself is critical to understanding who you are as well as giving you building blocks toward constructing the best you can be. Having this information will enable you to strengthen your performance individually, and while doing group work.

To learn about your personal Character Strengths follow this link to the University of Pennsylvania's 'Authentic Happiness' website to take the **VIA Strength Survey for Children** (under 13yo will need parental permission) or **VIA Survey of Character Strengths** via this link: The survey is **FREE** and will provide you some insight into who you are, and how to become your best-self.



<https://posproject.org/character-strengths/>

**Summer Camp is ON! !!REGISTRATIONS ARE OPEN!!** Contact me today with questions, or for additional information.

### Upcoming Programs:

- ♦ **18 July—Vermont Lake Monsters Military Appreciation Night**
- ♦ **28 July—"The Hero in You!"** - identifying your character strengths; Kitchen Spoons & Combat Boots Summer Workshop Youth Programming (6-17yo)
- ♦ **5-10 August—Teen Leadership Canoe Adventure in Orleans County (VT Army NG Youth 14-16yo)**
- ♦ **10-12 August-Vermont Hunter's Safety Course in Jericho, VT (all ages welcome) \*\*For more information contact CPT. Chris Stafford at 802-595-2522\*\***
- ♦ **19-25 August—VTNG End of Summer Camp in Orange County (VTNG Youth 8-17yo)**
- ♦ **31 August—The Champlain Valley Fair Military Appreciation Day**

To see the latest program opportunities and available resources check out the new webpage on the recently launched VTNG Family Programs webpage at <http://www.ngfamily.vt.gov/childandyouth.html>

In the Spirit of Adventure,

Brian Stoudnour

Lead Child & Youth Program Coordinator - Contractor

O: 802-338-3369 | M: 802-310-6745 |

brian.r.stoudnour.ctr@mail.mil



<https://www.facebook.com/VTNGCYP/>

Download the "ARNG CYS" Mobile App  
for Apple & Android

## Citizen Soldier For Life - Career Readiness

**CITIZEN SOLDIER**  
**FOR LIFE**



Dear Vermont National Guard Members and Families,

This month I have great news regarding a great event that YOU can attend and meet me, the Vermont Career Readiness Counselor! I have had the pleasure of launching the Citizen Soldier for Life program for the State of Vermont. I have been helping soldiers while in the Recruitment Sustainment Program (RSP), during drill weekends and other events throughout the state. Now is your chance to come out and participate in an awesome resume strengthening workshop where we will discuss many topics including formatting resumes for civilian and federal positions, highlighting skills and abilities, and using transferable skills to make a career change. This event is free and open to the public. If you attend this workshop and are a service member of any branch, veteran, or

dependent of a veteran, you can then make a one-on-one appointment so I can help you reach your career and financial goals. The event is as follows:

### **Kitchen Spoons and Combat Boots—Seasons of Change Workshop**

July 28<sup>th</sup> 2018 11:00 to 3:00PM—Green Mountain Armory, Camp Johnson—Colchester, Vermont 05446

There are many fantastic opportunities to learn about creative ways to reduce stress, and improve wellness earlier in the day. The resume writing portion of this event will begin at 1:30PM.

I hope to meet many of you there!

All of my best,

Nicholas A. Thomas

Citizen Soldier for Life Career Readiness Counselor

Office: (802) 338-3709 Cell: (802) 310-5391

[Nick.thomas@csfl.online](mailto:Nick.thomas@csfl.online)



## Employer Support of the Guard and Reserve



### **Vermont Employer Support of the Guard and Reserve and the National Guard Employment Support Program:**

**Saying Thanks Before or After:** Whether you are a member of the 86 IBCT, GSC, RTI, JFHQ, or the VTANG, presenting your boss with an ESGR Patriot Award is a great way to say thank you for their support and their own sacrifice. If you are a VTARNG soldier, demands are ever-increasing for you to be away from home and your place of employment.

Now more than ever, we encourage you to take the few minutes required to complete the award form. If you are the spouse of a soldier or airman and working for a different employer, we also suggest you think about doing the same for your boss to say thanks for their support, especially while your loved one has been away on duty. It only takes 2 minutes at [www.esgr.mil](http://www.esgr.mil). Call us if you have a question!

**Employer Training Visits:** We hope to invite a number of employers to observe local training, view and use simulators, and see some of the Guard training facilities. Let us know if you think your employer would like to join us.

**Job Fairs and related events in June:** While there are no job fairs scheduled for July, we can still help you. If you are searching for a job, or trying to find a better one, don't know where to start the process, or need some help with your resume, contact us at 802-338-4190.

**Need help with your employer, looking for work, or have another question?** As always, call us with any employment-related question at 802-338-4187 or 802-338-4190.



## Vermont Veterans Outreach



Summer is finally here! My name is Heather Morris and I am a member of the Vermont Veterans Outreach Team. I spent four years in the United States Navy and I work in the Northeast Kingdom. I cover the northern portion of Caledonia and all of Orleans and Essex counties. I hope all of you are able to enjoy some time in the sun and relax this season. I know my long summer days will be spent haying on the farm, preparing my maple sugarbush for next season, as well as trips to the beach, and most definitely a few concerts!



Summer is a time for BBQ's, fireworks, swimming, hiking, gardening, fishing, and many other outdoor activities. Make sure you are staying hydrated, wearing sunscreen, checking for ticks, and using precautions while you enjoy your leisure activities of choice. Be safe while you enjoy the longer days, warmer temperatures, and beautiful sunsets!

Heather Morris

Veteran Outreach Specialist

Email: [heather.m.morris4l.ctr@mail.mil](mailto:heather.m.morris4l.ctr@mail.mil)

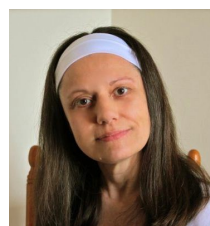
Cell: (802) 399-6250

Office: (802) 338-4325



<https://www.facebook.com/vtvfot/>

## Charlene Caiano Vermont Veterans Mental Health Counselor



### PREPARING FOR DEPLOYMENT "NOW" TO REDUCE STRESS

#### Part Two of a Three Part Series

**Financial matters-** Address financial issues that may come up during deployment, Budget (Make a budget and a plan in order to understand what it takes to run your household smoothly/Know who, what, when and where to pay), Bills (now what's coming in and going out: utility bills, long distance bills, rent or mortgage, car payments, monthly living expenses (Food, gas), monthly payment to creditors, insurances, savings, once a year expenses), Bank accounts (make sure are joint accounts), Record and store all major house hold items (pictures/serial numbers), Allotments, Goals (set them then pursue them), Pet issues, Storing vehicle, Exchange ideas about how you'll spend and/or save extra money your service member may earn from being deployed to a combat zone

**Legal Matters/Important Documents** (have paper work in order)- Military Documents/Unit Information/Copy of Orders; ID Cards (check for expirations); Security Information; Passports; House and Real Estate Documents; Rent/Rental/Lease Agreements (Check Dates); Auto Information, Titles, Inspection, VIN#, Car Insurance/Drivers License; Health Insurance Information; Marriage Certificate; Family care plan; Power of Attorney and Wills; Children: Custody Agreements/papers, Medical Records, School/Sports Schedules, Activity Schedules, Bus schedules, School/Teacher/Coaches information (numbers and emails); Pet: Veterinarian Information, Kennel Information, Microchip/License #/Town Registration, Pet Insurance, Vaccine Information;

**Staying in Touch-** Snail Mail, Tape Recording, Telephone Calls, E-mail, Skype and Video; Encourage children to send letters, pictures they've made, copies of report cards, etc.; Use pictures, calendars, maps or globes to locate service member's destination; Don't forget birthdays, anniversaries, family traditions, etc.; Ask for well wishes and/or blessings from friends/elders, etc.; Give your child a special gift before deployment (diary, scrape book, bracelet, necklace, etc.)

**Check back here next month for part three for "Preparing for Deployment NOW to Reduce Stress"**

VT Veterans Mental Health Counselor

Charlene Caiano,

[charlene.a.caiano.ctr@mail.mil](mailto:charlene.a.caiano.ctr@mail.mil)

Ph 802-338-3445

## Family Readiness Support Assistant



Greetings from the FRSA Team! I hope everyone had an amazing Independence Day! I would like to throw a shout out to the soldiers in the 86<sup>th</sup> IBCT for their return from Annual Training at FT. Drum, NY. They worked hard and received a lot of great training. Welcome home!

Not only is the Family Readiness Group there for your unit when you deploy, they are there for families when soldiers are at Annual Training as well as any other time during the year. Our amazing FRG Leaders and volunteers are there to support you while your loved one is away. Believe me, I know from experience how important it is to have someone you can call if you need help. The FRG is part of your support system along with family and friends. Just think of them as extended family!

Don't forget, Kitchen Spoons & Combat Boots will be hosting an in-person workshop on July 28<sup>th</sup> in the Green Mountain Armory at Camp Johnson. We will be offering stress reliever tips and tricks as well as an amazing resume workshop provided by Nick Thomas, Citizen Soldier for Life Career Counselor. He has FREE advice to offer you on your current resume or help you make one from scratch. We hope you have a wonderful rest of the month! Remember, stay cool, drink water and come get some free training!

Michaela LaCoss—86th IBCT Family Readiness Support Assistant (FRSA) Contractor (ESC) Office: 802-338-4317

## REMINDERS:

1. Record your volunteer hours in JSS or email the [candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil). Send them in by the last day of each month.
2. Join us for the Kitchen Spoons & Combat Boots webinar on the 1st Wednesday of every month at 7 pm.
3. Sign up for the FRG Leadership Trainings at JSS or with your FRSA. All trainings are done via teleconference!

[www.jointservicessupport.org](http://www.jointservicessupport.org)

Forgot your login and password?

Contact your FRSA

FRSA Contact Info:

Candice Bryan-Broe, Contractor -

[candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil) PH: (802)-316-6342

Check out the Family Programs website!

<http://www.ngfamily.vt.gov/>



<https://www.facebook.com/Vermont-FRSA>  
1885186798430201/

## Learn the skills to save a life. ASIST

ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award-winning program.

Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend ASIST—just a willingness to make a difference.



[www.livingworks.net](http://www.livingworks.net) | 403.209.0242 or 1.888.733.5484 (toll free) | [info@livingworks.net](mailto:info@livingworks.net)

Suicide deaths affect over 44,000 Americans each year. On average 2 Vermonters die each week to suicide. This rate is the highest it has been in 30 years. Learning suicide intervention skills can help save the lives of our service members, our families, our co workers and the people within our communities. It helps us be ready, willing and able to make an impact in someone's life.

### \*\*\* ASIST 2 Day Training—Suicide Intervention \*\*\*

#### Available Dates and Location:

**26/27 July 2018** Army Aviation Flight Facility 141 Shamrock Rd, Colchester, VT Room 301

**19/20 September 2018**—208 Balsam Lane, WRJ VT conference room

**Time:** 0800- 1600 each day—**Cost:** FREE

**Contact for Registration and Information:** Bethany Johnson 802 338 3485

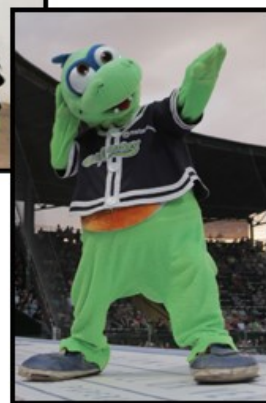
[Bethany.a.johnson39.ctr@mail.mil](mailto:Bethany.a.johnson39.ctr@mail.mil)—For Information on ASIST visit: [www.livingworks.net/programs/asist/](http://www.livingworks.net/programs/asist/)

*Come join us at Historic Centennial Field for*  
**MILITARY APPRECIATION NIGHT**

**Wednesday, July 18<sup>th</sup> | Game Time: 7:05 | Gates Open: 6:00**



**ACTIVE DUTY, GUARD AND RESERVE MEMBERS, AND  
RETIRED MILITARY MEMBERS RECEIVE FREE TICKETS**  
when they show their military ID at the Revision table outside the gates.



**After the game, kids (12 and under) can run the bases!**

**For more information, please call (802) 655-6611**



Thinking of revamping your resume or strengthening your cover letter for a specific employment opportunity? How about engaging your inner-wellness? Join us for this Kitchen Spoons & Combat Boots IN-PERSON workshop! Bring your lunch as there will be time for peer support networking!

# Seasons of Change Workshop



Saturday, July 28<sup>th</sup> from 11:00AM-3:00PM  
Green Mountain Armory, Camp Johnson

Coming to the Seasons of Change Workshop?  
Have youth age 6-17 years old? Check out our Youth Programing!



## CALLING ALL SUPERHEROS!

You know you're a superhero, right?  
Well, you are! Unleash your inner hero!  
Join VTNG Child & Youth Program  
for a day of exploring character strengths.

Register for the Seasons of Change Workshop at:  
<https://www.surveymonkey.com/r/SeasonsOfChange>

Can't make the workshop? There is a second chance opportunity  
Saturday, August 11<sup>th</sup> from 11:00AM-2:00PM at the Bennington VFW,  
Bennington, VT.



## Calendar of Events

| Date         | Event  | Location         |
|--------------|--|------------------|
| July 18      | Military Appreciation Night at Lake Monsters | Burlington, VT   |
| July 27      | VAMC Mental Health Summit<br>9:00 AM—3:00 PM | VRJ              |
| July 28th    | Kitchen Spoons and Combat Boots Workshop     | Camp Johnson GMA |
| August 1     | Kitchen Spoons and Combat boots Webinar      | Online           |
| August 18-22 | VTNG Family Camp                             | Post Mills, VT   |



## Contact Info

- Director, Family Programs: LTC Dave Leonard, [david.c.leonard3.mil@mail.mil](mailto:david.c.leonard3.mil@mail.mil) cell: 802-598-0140
- Airman & Family Program Manager: Mary Mahoney, [mary.k.mahoney13.civ@mail.mil](mailto:mary.k.mahoney13.civ@mail.mil) cell: 802-598-0202
- Vermont Veterans Outreach: Andre Wing, [andre.d.wing.ctr@mail.mil](mailto:andre.d.wing.ctr@mail.mil) cell: 802-881-5057
- Family Assistance Center Coordinator: Glory O'Neil, [glory.d.oneil.ctr@mail.mil](mailto:glory.d.oneil.ctr@mail.mil) cell: 802-338-0563
- Lead Child and Youth Program Coordinator: Brian Stoudnour, [brian.r.stoudnour.ctr@mail.mil](mailto:brian.r.stoudnour.ctr@mail.mil) cell: 802 310 6745
- Senior Family Readiness Support Asst: Candice Bryan-Broe, [candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil) cell: 802-316-6342
- Family Readiness Support Asst: 86 IBCT: Michaela LaCoss, [michaela.m.lacoss.ctr@mail.mil](mailto:michaela.m.lacoss.ctr@mail.mil) cell: 802-318-0692
- VT Veterans Mental Health Counselor, Charlene Caiano, [charlene.a.caiano.ctr@mail.mil](mailto:charlene.a.caiano.ctr@mail.mil) Ph 802-338-3445
- Survivor Outreach Services: Tammie Conner, [tammie.l.conner.ctr@mail.mil](mailto:tammie.l.conner.ctr@mail.mil) cell: 802-881-6632
- Transition Assistance Advisor: Ronnie LaBounty, [ronnie.m.labounty.ctr@mail.mil](mailto:ronnie.m.labounty.ctr@mail.mil) cell: 802-399-6401
- VT Veterans Personal Financial Counselor: Susan Kelley-Outten, [susan.kelley-outten.ctr@mail.mil](mailto:susan.kelley-outten.ctr@mail.mil) cell: 802-338-3446
- Citizen Soldier for Life-Career Readiness Counselor: Nick Thomas, [nicholas.a.thomas71.ctr@mail.mil](mailto:nicholas.a.thomas71.ctr@mail.mil) cell: 802-310-5391
- Air Wing Integrator, Yellow Ribbon Program: Kelli Langlois, [kelli.j.langlois.ctr@mail.mil](mailto:kelli.j.langlois.ctr@mail.mil) cell: 802-751-5856
- Army Director of Psychological Health, 1LT Matthew Emelett, [matthew.j.emelett.mil@mail.mil](mailto:matthew.j.emelett.mil@mail.mil) cell: 802-760-9223
- Air Director of Psychological Health, Trish Dempsey, LICSW, [trish.a.dempsey.civ@mail.mil](mailto:trish.a.dempsey.civ@mail.mil) cell 802-557-7368